

Inspiring and enabling our school community to live life to the full



YEAR 2

Subject: Science
Health and well-being: Taking Care of Ourselves

Characteristics of an Effective Learner

Courage
Commitment
Collaboration
Creativity
Curiosity

Our Science curriculum aims to enthuse children and help them to be curious and develop a sense of excitement about the world. Through a range of teaching, learning and extra-curricular opportunities, children will develop scientific knowledge and conceptual understanding to recognise the uses and implications of Science, today and for the future. We encourage children to ask their own questions; predict how things will behave and analyse causes, using Science to explain what is happening.

Prior Learning:

Year 1 – In science, children name the parts of the human body and learn about our five senses. In DT, children think about making a healthy salad dish.

Key Vocabulary taught in this unit:

Healthy, diet, protein, carbohydrate, dairy, fruit & vegetables, fat, exercise, hygiene, germs, disease, tooth decay, medicine, drug

Intent: What do we want the children to know, be able to do by the time they complete this unit?

Find out about and describe the basic needs of animals, including humans, for survival (water, food and air)

Think about what people need in order to survive.

Describe the importance for humans of exercise, eating the right amounts of different types of food, and hygiene

Think about what they need to do to stay safe and healthy.

Sort food, choosing their own ways of grouping.

Explore different types of food, sorting them into different categories and planning meals.

Explore how it feels to take part in a physical activity. Create an exercise plan for one week.

Learn about keeping their bodies clean.

Learn about the safe use of medicines and sort a range of items into groups – medicines, not medicines.

Enquiry skills

Asking simple questions and recognising that they can be answered in different ways

Ask and answer questions about what happens to our bodies when we exercise.

Observing closely, using simple equipment

Notice what happens to different parts of their body after vigorous exercise.

Identifying and classifying

Sort foods according to their own criteria.

Sort foods into different food groups.

Gathering and recording data to help in answering questions

Children use secondary sources to find out about different food groups.

Impact / Outcome: What will the final product / result be?

Children understand that they need to eat a well-balanced diet, take regular exercise, keep themselves clean and use medicines wisely in order to stay fit and healthy.

P4C Inquiry (where appropriate)

NA

